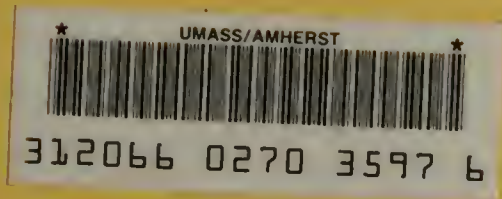


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## EXECUTIVE OFFICE OF ELDER AFFAIRS

GOVERNMENT DOCUMENTS  
SECTION

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### Program Report

# Office of Alzheimer's Information

SEPTEMBER 1, 1985 THROUGH DECEMBER 31, 1986



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ALZHEIMER'S INFORMATION



Dear Reader:

Among the recommendations of the Final Report of the Governor's Committee on Alzheimer's Disease was the establishment within the Executive Office of Elder Affairs of an Office of Alzheimer's Information Services. That office is now one year old and has provided assistance to over 1,200 individuals. I am pleased to send you the attached first annual report of this office.

The office has developed a manual on Resources and Principles of Caregiving and has distributed close to 4,000 copies. A second major accomplishment is the Respite Program which has provided assistance to over 1,500 families during this first year.

If we can provide further information, please call the Alzheimer Hotline at (619) - 727-4415 or toll free 1-800-351-2299.

Sincerely,

Richard H. Rowland

RHR/RLC:MMF

Attachment:



## ALZHEIMER'S REPORT

1986

The Office of Alzheimer Information Services within the Executive Office of Elder Affairs has completed its first year of operations. The office was established in response to the recommendation of the Governor's Special Committee on Alzheimer's Disease established to provide information to elders and families on resources available to assist caregivers, to help increase public awareness, and to work with other state agencies concerned with issues of long term care for the victims of Alzheimer's disease.

The office has helped people obtain Respite services, legal advice, locate diagnostic centers, family support groups, and learn about Medicaid services. During the first year, the office received 1,112 calls for assistance, and over 1,500 families were assisted through the Respite Program directed by the Executive Office of Elder Affairs.

### PRINCIPLES OF CAREGIVING AND RESOURCES FOR CAREGIVERS

The Office of Alzheimer's Information Services published a manual on Caregiving and Resources for Caregivers. It provides information on basic caregiving principles, a summary of major resources available and how to locate them in your area, the typical symptoms at various stages of the disease's progression, a home environmental check list, and the Massachusetts Area Agencies on Aging list and its service areas. In addition to major teaching hospitals, Visiting Nurses Association, Home Care





Corporations, Legal Services programs, and the Alzheimer's network, this pamphlet is made available upon request to any caller. The telephone number is (617) 727-4415 or toll-free 1-800-351-2299.

### THE OFFICE OF INFORMATION SERVICES

A toll-free hotline was established in October, 1985 to improve access to information on the services available to people with Alzheimer's disease and their families. To increase public awareness, information about Alzheimer's and the available services has been presented at seminars and conferences which include the 1986 Spring ELDER ADVOCATES Forums, the Annual Governor's Conference, the Executive Office of Elder Affairs Citizens Advisory Committee, various Council on aging support groups, several retired Federal Employee Chapters, an EOEIA sponsored program on Resources for Caregivers, several nursing groups, Adult Day Health annual meetings, a group of social workers dealing with the developmentally disabled, a Department of Public Health Conference, and a conference sponsored by Hillhaven Corporation.

### RESPIRE CARE

The Executive Office of Elder Affairs received \$2 million dollars to provide Respite services during FY'87. These funds are available statewide through our network of twenty-seven (27) Home Care Corporations, ten (10) specialized programs providing Adult Day Health services, and night/weekend Respite care. The program served over 1,500 families in FY'86.

Caring for an impaired elder can be mentally and physically draining without provisions for rest or relief. The impaired elder needs





monitoring, assistance with daily tasks, and emotional support on a continual basis. In order for these elders to receive continued quality care, the caregiver must be well rested and emotionally prepared. Caregivers very often have no one to turn to who is willing to provide Respite and, as a result, they find themselves faced with institutionalizing their family member as their only alternative.

Helping the people who care for frail elders, most of whom are family members, is an effective way to serve those older adults. Respite Care services provide various forms of relief to caregivers of severely impaired elders. Respite Care is critical to the Commonwealth's commitment to prevent unnecessary institutionalization.

Respite services are available to provide help to the caregivers before it is too late. The caregiver receives time away while the impaired elder receives quality substitute care. The type of Respite services available include homemaker/personal care, companion, home health aides, skilled nursing, social day care, adult day health, and short-term institutional care. Respite Care will not alleviate all of the stresses faced by caregivers. It has been designed to help in emergencies, planned special circumstances, or relieve some of the daily stresses in caring for the elder. Respite Care thereby increase or maintains the capacity of the impaired elder to remain at home by strengthening his/her support system. A continuum of care is required to make this possible, ranging from family to Home Care services to health services.

Respite services are available through the Home Care program and ten (10) agencies who provide specialized Respite services for Alzheimer's



victims. Five adult day health centers and five innovative in-home Respite Care programs provide services for people with Alzheimer's disease.

The Adult Day Health programs receiving funding for Alzheimer's patients include:

Franklin County Community Mental Health Center  
Geriatric Authority of Holyoke  
The Community Family of Everett/Medford  
Milton Health Care Facility  
Kit Clark Senior Center of Dorchester

The innovative in-home Respite Care programs are:

Franklin County Community Mental Health Center  
Springfield Visiting Nurse Association  
Hampshire County Home Care Services  
Norfolk Human Services of Norwood  
Tri-City Community Mental Health Center of Everett

In addition to strengthen participation in these Adult Day Health programs, the Executive Office of Elder Affairs has provided close to \$72,000 to assist with transportation needs.

#### SPECIALIZED ALZHEIMER UNIT REQUEST PROPOSAL

In response to the recommendations of the final report of the Governor's Committee on Alzheimer's Disease and a growing interest on the part of the long term care providers, the Executive Offices of Elder Affairs and Human Services established an Alzheimer's work group. Other participating agencies include the Division of Health Care Quality and the Determination of Need Office within the Department of Public Health, Medicaid Division of the Department of Public Welfare, the Rate Setting Commission, the Massachusetts Federation of Nursing Homes, Association of Massachusetts Homes for the Aged, and the Alzheimer Association. This



group met twice monthly since October, 1985, and on May 13, 1986, presented its recommendations on special standards for such units which were unanimously adopted by the Public Health Council.

The goal of these special standards is to assure the highest possible quality of services in the least restrictive environment. Features of these standards include special admissions criteria, the establishment of an Interdisciplinary Treatment Team which will develop individualized service plans, a specialized in-service training program, community linkages, internal and external evaluation systems, and special architectural requirements such as an outdoor enclosed and secure courtyard.

Six pilot programs will operate for three years from the time of the first patient admission. Four programs will convert existing space to the care and treatment of the Alzheimer's patient. Two programs will demonstrate the use of new construction. These six special programs will test the efficiency of new models for institutional treatment and care.

The Medicaid Division of the Department of Public Welfare has developed the Request for Proposals for the six pilot programs. This document was mailed to eligible providers on October 6, 1986. Proposals are due on November 14, 1986, and awards will be made in December, 1986. It is expected that conversion models will be ready for occupancy on April 1, 1987, and for new construction models on July 1, 1988.

#### RESPIRE WORKERS TRAINING

The Governor's Committee called for coordination between the Executive Office of Elder Affairs and the Statewide Area Health Education Center to







develop Alzheimer specific training for professional and non-professional service providers. The curriculum for such training has been developed. A Request for Proposal will be issued and a contract awarded for training in the Spring.

An active dissemination of current information on Alzheimer's disease is carried out by the Executive Office of Elder Affairs. Efforts include the distribution of our booklet " Principles of Caregiving and Resources for Caregivers," the availability of various resources such as Respite, the location of family support groups, and the provision of training opportunities for caregivers and care providers.

While the needs of families and people with Alzheimer's disease are extensive, the Office of Alzheimer's Information has helped people find what is available. As our knowledge and services for patients and their families grows, the value of this service will increase.





